



Oxford's



## Council on Aging CHATTER

**APRIL  
2024**

**DIRECTOR**

Laura Wilson  
Notary Public

**ASSISTANT DIRECTOR**

Kristen Zamis

**STAFF MEMBERS**

Cindy Nagle (Outreach)  
Deb Bayer  
Deb King  
Janet Stoica

**COUNCIL ON AGING  
BOARD MEMBERS**

Robert Krasinskas  
Chairman

Joyce Nilson  
Vice Chairman

Carolyn Merson  
Secretary

Carole Fegreus  
Karen Erickson  
Jody Williams  
Rose Wing

The COA board meets  
every 2nd Thursday of  
the month

**OFFICE HOURS**

Monday-Friday  
8:30am to 3:30pm

### SENIOR CENTER

323 Main Street, Oxford, MA 01540  
Tel: 508-987-6000 Email: [seniorcenter@oxfordma.us](mailto:seniorcenter@oxfordma.us)

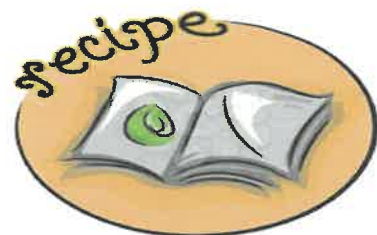


The Senior Center will be closed April 15th  
in observance of Patriot's Day

### Recipes Wanted!

Looking for homemade fresh comfort food recipes for a fundraising cookbook for the Oxford Farmers Market. All submissions will be considered...handwritten, typed, photo copied even the worn out ones with spill stains and bent corners!

Recipe submissions are due by **4/30** and can be dropped off at the Senior Center.



From the Director's Desk.....



In April we celebrate **NATIONAL VOLUNTEER WEEK** at the Senior Center. This year the dates are April 21st thru April 27th. We are blessed to have many dedicated volunteers. Our Senior Center is so **THANKFUL** for our volunteers.



April brings warmer weather and longer days.

*We will be starting our Walking Club back up on April 5th @ 9AM  
We will walk every Friday (weather permitting)  
We would love for you to join us*



## "YOUNG AT HEART CAFÉ" LUNCH MENU

Lunches are served Tuesdays and Fridays from 12:00 PM to 12:30 PM

(Takeout meals MUST be picked up by 12:30PM)

RESERVATIONS A MUST !

Please call 48 hours in advance to order a meal (please call the Friday before for Tuesday meals and the Wednesday before for Friday meals)

**\$ 5.00 dine in / \$ 6.00 take-out**

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Tuesday 4/2: Rueben Casserole, Coleslaw, Rye Bread, Brownie

Friday 4/5: Stuffed Pepper, Mashed Potatoes, Buttered Carrots, Dinner Roll, Fresh Baked Cookie

Tuesday 4/9: Hot Dog on Roll, French Fries, Cup of Chili, Birthday Cupcake

Friday 4/12: Meatball Grinder, Tossed Salad, Potato Chips, Ice Cream  
(Sponsored by Webster Manor & Lanessa Extended Care)

Tuesday 4/16: Mac & Cheese, Stewed Tomatoes, Dinner Roll, Pudding Parfait

Friday 4/19: Salisbury Steak w/Gravy, Mashed Potatoes, Buttered Corn, Fruit Dump Cake

Tuesday 4/23: Chicken Broccoli Alfredo over Ziti, Italian Bread, Sherbet

Friday 4/26: Chef Salad, Bread Stick, Iced Cake

Tuesday 4/30: Steak, Cheese, Pepper & Onion Grinder, Potato Chips, Rice Krispie Treat

- Please inform our staff if you have a food allergy.
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.



**Class fees are \$3.00 per session:**

**STRENGTH & BALANCE**

**Tuesday mornin gs @ 9:15AM**

**Instructor: Donna Freeland/Silver Sneakers Certified**

**Increase your strength and balance with light exercise. Use of small hand weights, balls and stretch bands are encouraged**

**CHAIR YOGA**

**Wednesday mornin gs @ 9:15AM**

**Instructor: Heidi Gambaccini/Certified Yoga Instructor**

**Seated yoga poses to help stretch and relax your body**

**CHAIR VOLLEYBALL**

**Wednesday afternoons @ 1:00PM**

**FREE activity**

**Only rules are to stay seated while playing and get ready to have fun!!!**

# 2024 Bus Trips

Please note that there is NO insurance on these trips

We are using two different tour companies this year (Tours of Distinction and Royal Tours)

A \$5.00 non-refundable deposit is due to hold your seat when signing up



June 6th: Blossoms & Butterflies \$149  
Reserve now. Pay in full by 5/16

July 11th: Boston Duck Tours / New England Aquarium \$169  
Reservations start on 5/11. Pay in full by 6/20.

September 26th: Mobsters & Lobsters Trolley Tour \$169  
Reservations start on 7/26. Pay in full by 9/5

October 17th: Trip not finalized

December 1st: The Reagle Music Theatre "Christmas Time" \$135  
Reservations start on 10/10. Pay in full by 11/8

\*Flyers with full trip description will be available at the Senior Center



## APRIL BIRTHDAYS!

Deborah Healy, Marion Eno, Sandra Farrell, Cecylia Forance, Mark Doney, Kurt Pitz, Karol Bedard, Corinne Beach, Elizabeth Danforth, Theodore, Cioppa, Susan Pontbriand, Florence Correira, Pauline Clouthier, Eleanor Solberg, Charles Brancke, Evelina Piscopo, Nancy Mercier, Sharon Morin, Janet Barch, Kevin Walsh, Jon Clem, Deborah Carter, Carol Elliott, April Willey, Todd Howarth, Claire Petka, Richard Wilmot, George Bourie, Barbara Beauregard, Arlene Gionet, Judith Caissie, Susan Warren, Linda Davolio, Paul Jacques, John Amadei, Leo Belliveau, Jody Williams, Lisa Hickman, Judith Labonte, Paul Holmberg, Ruby Pollock, Ronald Kozłowski, Theresa Ballon, William Henderson, Maureen Shaughnessy, Janice Torteson, Norma Williamson, Richard Whittemore, Richard Casagrande, Beverly Malkowski, Mary Jane Dube, Kevin Ducharme, Angelo Cascione, June Russell, Emanuel Rasin, John Baraklilis, Stephan Ferdella, Anna Tanca, James Benoit, Paul Cyr, Jay Caracciolo, Gail Marotta, Alfred St Germain, Maureen Biando, Theresa Topalian, Paula Blackwood, Comfort Ayiku, Stanley Nottage, Donna Dumas, Veronica Pastier, Linda Webster, Michael Baker, Earl Holmberg, John Carroll, James Clouthier Sr, Norman Mercier, Barbara West, Arsenio Luz, Marjorie Squire, April Duval, Mary Hanly, Simin Bagheri, Robert Matus, Frances Cunningham, Doris Caplette, Debra Rodriguez, Kim Maple, Elizabeth Shannon, Martha Skamarock, Robert Mercier, Christine Lucier, Alice Shaw, Mark Hopkins, Greg Anderson, Nancy Daviau, Ann Bergeron, Carol Cassol, Algird Juzukonis, William Lane, Elizabeth Ducharme, Lesa Zollo, Louise O'Leary, Constance Adafia, Kathleen Koneczny, Melissa Nelson, Ronald Tarkiainen, Kevin Putney, Starlette Coleman, Mary Bushnell, Edward Mierzejewski, Richard Murphy and William Patterson



## Blood Pressure Clinic

Tuesday, April 9th

11AM to 12PM

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## Breakfast with the Chief



Thursday, April 18th 9AM-10AM

Breakfast will served at 9:15AM

Come join us for breakfast and conversation with Chief Daniels.

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## Oxford Fire/EMS Presentation:

Friday, April 19th @ 12:30PM

“Kitchen Fires”



**STAND BY YOUR PAN**



## **RESOURCES:**

### **\*\*\*NEED A RIDE?\*\*\***

**The Oxford Senior Center Van** is available to our seniors and the disabled. Rides to any TOWN buildings are FREE. You can travel within Oxford for grocery shopping, Walmart, hair appts, pharmacy & banking. The fare is \$1.75 each way for rides. Call 508-987-6000 to schedule your ride 48 hours in advance.

**The WRTA Van** is utilized for your out-of-town doctor appointments. You need to register with them by calling 508-752-9283

### **\*\*\*OXFORD FOOD SHELF\*\*\***

**Located @ the Community Center ~ 4 Maple Rd ~ (508) 987-1062**

**The Food Shelf is open on Thursdays from 4:30pm to 6:30pm for OXFORD residents. Client choice shopping & fresh produce is available**

**Masks are optional. Clients are encouraged to bring their own reusable shopping bags. If you do, your name will be entered into a raffle.**

### **\*\*\*IMPORTANT NUMBERS\*\*\***

|                        |                                                            |
|------------------------|------------------------------------------------------------|
| Medicare               | 800-633-4227                                               |
| Social Security        | 800-772-1213                                               |
| Mass Health            | 800-841-2900                                               |
| Mass Options           | 844-422-6277                                               |
| Tri Valley Services    | 508-949-6640                                               |
| WCAC (Fuel Assistance) | 508-754-1176                                               |
| SHINE                  | 800-243-4636                                               |
| Prescription Advantage | 800-243-4636    press 2 (landline)    press 5 (cell phone) |



## Outreach.....

Senior Center Outreach Coordinator Cindy Nagle is available Tuesdays, Thursdays and Fridays to offer free confidential information and referral services on aging related issues. Cindy can also help with a variety of paperwork, including SNAP (formerly Food Stamps), Fuel Assistance, Mass Health applications, etc.



Please call the Senior Center @ 508-987-6000 to make an appointment for assistance!

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### Medicare Savings Program( MSP)

The Medicare Savings Program will pay for some or all of Medicare premiums, deductibles, copayments and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. *This not an insurance plan.*

### Who qualifies?

Medicare beneficiaries who meet the following income limits:

Single/ income is at or below \$2,824 per month

Married/ income is at or below \$3,833 per month

Applications can be picked up at the senior center or you can call 1-800-841-2900 to receive an application



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month from 12:30PM to 2:30PM

She helps with a range of resources available to help you, your family or caregiver. Options like...

Personal Care help

Household chores

Transportation options

Medication management

Nutrition advice and more

Please call the Senior Center to schedule an appointment

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SHINE Counseling with Kay

Every 3rd Wednesday of the month.

What can a SHINE counselor do for you?



- Explain coverage under Original Medicare (Parts A & B)
- Review additional coverage options under Medicare supplement (Medigap), Medicare Advantage (Part C), and Medicare Part D prescription drug coverage plans
- Walk you through the enrollment process, whether you enroll at age 65 or delay enrollment because you have employer group health coverage
- Screen you for assistance programs that may help you to pay for your medical and/or prescription coverage
- Assist if you have issues with your Medicare coverage

Please call the Senior Center to schedule an appointment



Our Senior Book Club meets the first Friday of each month.

Our next meeting is Friday, May 3rd@ 12:45PM

Our book pick is: **HORSE** by Geraldine Brooks

Based on the remarkable true story of the record-breaking thoroughbred Lexington. A novel of art and science, love and obsession, and our unfinished reckoning with racism.

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## ***FREE MOVIE MATINEE***

### ***“Fever Pitch”***

(Drew Barrymore & Jimmy Fallon)



A romantic comedy about a young teacher who is obsessed with the Boston Red Sox and hides it from his beautiful new girlfriend... until baseball season begins!

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## **MEN's Coffee Group**

Wednesday, April 10th @ 10:30AM

The idea of this group is to be a casual, fun, and informative atmosphere. There will be coffee, pastry and conversation!



## "Let's Talk Oxford History~ Greenbriar ~ Part 2



Tuesday, April 9th

1:00PM—2:00PM

Sponsored by the Oxford Historical Commission

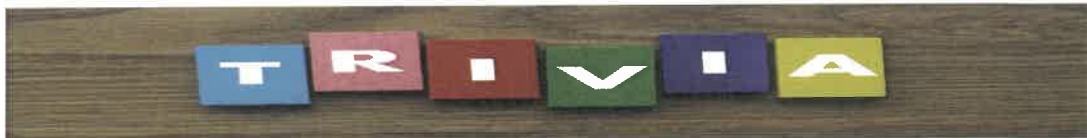
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## BEANO

Friday, April 26th @ 12:45PM



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### April Trivia Question:

The Outreach column in the newsletter has highlighted 6 steps to slow down dementia. What are one or more of the steps?



March's question was "What ocean did Amelia Earhart disappear over?"

The correct answer was "The Pacific Ocean" provided by Pam Jacobson

Winner gets two (2) FREE lunch tickets

We will draw our next winner on April 19th

# APRIL 2024 ~ OXFORD SENIOR CENTER

| Monday                                                 | Tuesday                                                                                                                                         | Wednesday                                                                                                                                   | Thursday                                                                                                                                                            | Friday                                                                                                            |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM  | <b>2</b><br>STRENGTH & BALANCE<br>9:15AM<br>LUNCH 12:00 PM<br><b>BIG GREEN BINDER 1:00 PM</b>                                                   | <b>3</b><br>CHAIR YOGA 9:15 AM<br>CHAIR VOLLEYBALL 1 PM<br>PITCH LEAGUE 1PM TO 3PM                                                          | <b>4</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                                                            | <b>5</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                                    |
| <b>8</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM  | <b>9</b><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br><b>BP CLINIC 11AM</b><br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD 1PM ~ 2PM</b> | <b>10</b><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30AM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                             | <b>11</b><br>COA BOARD MEETING<br>9:30AM<br><b>HEALTH FAIR 10AM TO 2PM</b><br>DOMINOES 10AM TO 12PM                                                                 | <b>12</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45PM</b>                                  |
| <b>15</b><br><b>CLOSED</b><br><b>PATRIOTS DAY</b>      | <b>16</b><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>OPTIONS COUNSELING</b><br><b>12:30PM ~ 2:30PM</b>      | <b>17</b><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING</b><br><b>APPOINTMENTS 9AM-2PM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | <b>18</b><br><b>BREAKFAST WITH THE CHIEF</b><br><b>9AM</b><br><b>MUST RSVP BY APRIL 12TH</b><br><b>DOMINOES 10AM TO 12PM</b><br>QUILTING CLASS<br>12:30PM TO 2:30PM | <b>19</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>OFD / EMS</b><br><b>KITCHEN FIRES</b><br><b>12:30PM</b> |
| <b>22</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <b>23</b><br>STRENGTH & BALANCE<br>9:15AM<br><b>PODIATRY BY APPT ONLY</b><br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                               | <b>24</b><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                           | <b>25</b><br>DOMINOES 10AM TO 12PM<br><b>NO AFTERNOON ACTIVITIES</b>                                                                                                | <b>26</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b>                                       |
| <b>29</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <b>30</b><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                               |                                                         |                                                                                                                                                                     |                                |